## RES $4^{\text {th }}$ and $5^{\text {th }}$ grade Extended Learning

-During physical education the students practice 20 push-ups and curl-ups daily. There is a set FitnessGram cadence, which I have loaded on the website. Please have your child log their Curl up and Push up practice.

Please initial in the box and record the number of exercises performed.

| Date | Push-ups | Curl-ups |
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